Local
U2 set to

date

arrive for

summer

pq3

The world's largest global newspaper

Celebrity Buzz

Madonna to meet Mercy's dad

pg 18

ON • TUESDAY, OCTOBER 27, 2009

Suspect in murder turns himself in

CRIME A homicide suspect wanted on a Canada-wide warrant turned himself in to police yesterday afternoon.

Jason Seruhungo, 21, walked into police head-quarters around 4:30 p.m. and ended a nationwide search that began last week. Police have been hunting the suspect since Thursday, when 22-year-old Edward Ronald Wilson was found shot near 180 Street and 98 Avenue.

Seruhungo allegedly fled the scene, leaving investigators to impose a warrant on him

He has been charged with manslaughter, extortion and three firearms-related offences.

VICTORIA HANDYSIDES/ METRO EDMONTON

News on the Maye

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Pythons look back

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Rexall Place Lil' rascal



Rascal Flatts frontman Gary LeVox rocks the Rexall Place faithful during a stop in Edmonton last night. This year marks the country outfit's 10th anniversary as a group.

Flu's queues

Long waits for H1N1 vaccine

Flu **Outbreak**

VICTORIA HANDYSIDES victoria.handysides@metrone

metronews

Thousands of Edmontonians inched along in snail's-pace lineups yesterday, hoping for a syringefull of the recently approved H1N1 vaccine.

Health officials are urging all Albertans, especially those at high risk for infection, to take advantage of the free mass-immunization.

"H1N1 is just the flu," Alberta's medical officer of health Dr. Gerry Predy said. "But the issue is, the more people that have it, the more people at high risk are going to get it."

are going to get it."

The health authority is asking high-risk individuals to come for the shot in the first few days of the program, including those under 65 with chronic illness, pregnant women, children under age five and caregivers for infants or immune-compromised peo-

Alberta Health Services

Online

• For information on clinic locations and hours, visit www4.albertahealthser vices.ca/immunizations

staff bore the brunt of complaints on wait times yesterday. Some waited up to four hours before receiving the vaccine at one of five free clinics in the city.

"We were a little hesitant
— our family has never
been vaccinated before, and
we don't know what the
risks may be," Julie Neilsen
said while waiting in line at
the Westmount Centre clin-

Despite public skepticism, Alberta Health Services officials insist side-effects won't go beyond rash or allergy. "It's as safe as any other vaccine," Predy said.

H1N1 is the most predominant virus affecting people in Alberta at present. Doctors will no longer give H1N1 tests to patients who aren't ill enough to require hospitalization, Predy said, adding if people have flu-like symptoms, they can safely assume they're infected with H1N1.

Don't dump Stelmach, ex-rival urges Conservatives

POLITICS Premier Ed Stelmach's leadership of the Progressive Conservatives was top of mind as elected members returned to the

Sustainable

assembly for the fall sitting.

Minister Ted Morton yesterday said it would be a mistake to dump Stelmach when the Tories hold a leadership review vote next week.

"So I'm encouraging my constituents and all PCs to

vote against a leadership review on Nov. 7," he said.

The comments from Morton, who lost the 2006 leadership race to Stelmach, seemingly laid to rest speculation he was waiting in the

wings in case grumpy Tories push Stelmach aside.

Wildrose Alliance Leader Danielle Smith yesterday stood on the steps of the legislature and challenged the Tories. "When you look at the budget over the last year going from an \$8 billion projected surplus to a \$7 billion projected deficit, I think we need to see more conservative budgeting."

THE CANADIAN PRESS

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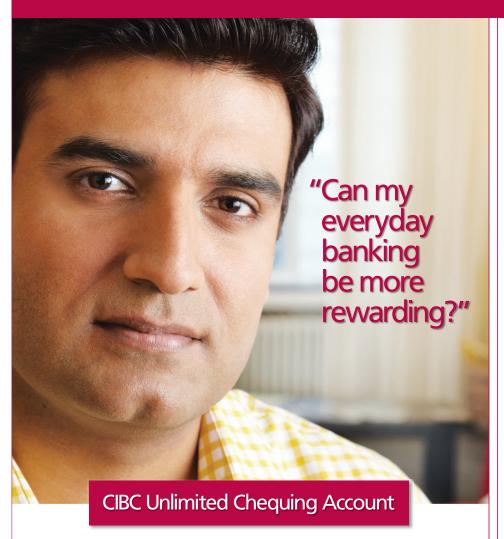
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The Cosmopolitan Music Society honours Remembrance Day with its "Lest We Forget" quilt. Raffle tickets are \$2 and are available at cosmopolitanmusic.org METRO EDMONTON

Local

Rally for health care taken to legislature

Protesters say system being set up for failure

GWYNETH DUNSFORD for Metro Edmonton

The fall sitting of the Alberta legislature started yesterday to the chants of Albertans angry about cuts to health care.

As sign-wielding protestors gathered on the steps of the legislature, protest organizer Karen Sevcik emphatically decried the underfunding of public health

"I think that the government is systematically setting the public health care system up for failure so that people are ripe to the idea of for-profit, private industry coming in," Sevcik said.

'I would really like to see us draw the line and say, We are not going to give up. We are going to look after sick people in this country and province like the Cana-Health Act said we would"

Echoing the words of Sevcik, Dr. Dave Swann, leader of the official Opposition, commented on the protest. "We can demand the premier and the minister and members be accountable for the wasteful spending they have made and the lack of leadership on health care," he said.



Singer Bono and musician Adam Clayton of U2 perform onstage during their 360 Degrees Tour at

U2 to rock Commonwealth next June

More U2 shows are on the horizon for North American fans.

With their current tour set to wrap up tomorrow in Vancouver, the Irish rockers have announced another stadium trek in

The band will hit Edmonton's Commonwealth Stadium on June 23 and Toronto's Rogers Centre

on July 3. U2 will also perform in Montreal on July 16, with the venue still to be determined.

The band is touring in support of No Line on the Horizon, which has been certified double platinum in Canada since its February release.

Tickets go on sale for the shows in Toronto and

Edmonton on Nov. 2.

THE CANADIAN PRESS

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Edmonton tweets

• @TeezyD U2 in #yeg in June just made winter that much more bearable.

@AndrewJBryson Wife and daughter went to get her H1N1 shots today at Northgate, 4 hour wait,

 @droute Edmonton! We're looking for some local devs to help build a dynamic, on-demand Edmonton-#yeg airport shared-ride taxi system.









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Your Money Allan Small tells how the fortunes of the U.S. and Canadian dollar impact North American markets at metronews.ca/investing

News on the Maye



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Canada



Blind Algerian granted residency
Abdelkader Belaouni, left, a blind Algerian man who was made to feel like a "loser" when he was rejected from Canada because he had no family or job, says he's a "winner" and he'll prove it now that he's been allowed to stay in the country. That moment of triumph came after he spent almost four years holed up in a

News in brief

WHISTLEBLOWERS The Harper government is refusing to pay the legal bills of a federal official whose warnings of possible torture in Afghan jails sparked a political storm, The Canadian Press has learned. The Foreign Affairs Department gave preliminary approval to Richard Colvin's request to use an independent lawyer in September.

WHITE-COLLAR CRIME The

Conservative government is moving to end automatic early parole for non-violent offenders in a move aimed at financial fraudsters following a spate of highly publicized scams. With allegations of eloborate Ponzi schemes grabbing headlines in several provinces, the government wants to toughen rules that allow non-violent offenders to apply for early parole after serving just one-sixth of their sentence, following a first conviction.

THE CANADIAN PRESS

Parliament Flash mob



A protester is dragged out of Parliament after disrupting question period in the House of Commons on Parliament Hill in Ottawa yesterday. The protest was part of a Climate Flash Mob, which included upwards of 200 youth fighting for climate action.

Additive-free vaccine on way to Canada

Ottawa importing shots for pregnant women

Canada is importing adjuvant-free H1N1 vaccine from Australia for pregnant women, hoping to be able to offer that product sooner than if it waits for unadjuvanted vaccine from Canada to make it through the licensing process.

Health Minister Leona Aglukkaq announced yesterday she signed an inter-im order that will allow 200,000 doses of adjuvantfree vaccine from CSL Ltd. to be used in this country.

The CSL vaccine should be available starting next week, said Dr. David Butler-Jones, head of the Public Health Agency of Cana-

Adjuvant

 Most of Canada's 50.4-million doses of H1N1 vaccine will contain an adjuvant, an additive that boosts the immune system's response to the vaccine. That vaccine, made at Ste-Foy, Que., by GlaxoSmithKline, was approved by Health Canada last week.

"We have heard the concerns about pregnant women having to wait for an unadjuvanted vaccine and we have been working very hard on providing it earlier, given they have always been considered a priority group," Aglukkaq said at a news conference in Ottawa.

CSL doesn't have a licence to sell flu vaccine in Canada but the product is licensed in Australia and the United States

Pregnant women are at higher risk from this virus in particular.

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Ontario Premier Dalton McGuinty will announce today that it will take Ontario five years to phase in a plan to offer all-day kindergarten for all four- and five-year-olds. Some 35,000 kids will be offered full-day learning next September, but the program will be fully implemented across the province by 2015, a source said. THE CANADIAN PRESS

canada

Cellphone ban begins for Ontario drivers

LAW To hear the Ontario government tell it, the driver of the future would no sooner pick up a cellphone while behind the wheel than travel down the highway without a seatbelt on.

That was the expectation laid out yesterday as the province joined the growing ranks of Canadian jurisdictions banning the use of handheld devices while driving

'There was some early resistance to seatbelts and to other legislation and rules of the road. They are now common practice,' Transportation Minister Jim Bradley said as he launched an education campaign to get drivers on board.

"That's what we want to see happen with this legis-

Millions of motorists in

Provinces

 Ontario is the fourth province to enact a handheld electronic devices ban, handfollowing Newfoundland and Labrador, Quebec and Nova Scotia.

the country's most populous province are now banned from using any held electronic devices to text, e-mail or talk

while driving, unless it's a 911 call or the driver has safely pulled off the road.

They're also forbidden from using portable video games, music players or DVD players while chugging along. Global positioning systems are allowed, as long as they're properly secured to the dashboard.

Starting Feb. 1, Ontario drivers could face fines of up to \$500 if they're caught violating the new rules.

According to the 2006 Ontario Road Safety annual report, there were 77 fatalities among the 33,551 accidents due to "inattentive" drivers, which included talking on a cellphone while driving.

Manitoba's cellphone ban is expected to be proclaimed into law next year, British Columbia has introduced similar legislation and Saskatchewan has promised a bill this fall. B.C.'s proposed legislation would prohibit new drivers in the province's graduated licensing program from using hands-free phones, but experienced drivers can use them. THE CANADIAN PRESS

Mafia not getting money: Minister

minister says there's no evidence of federal stimulus money going to the Mob amid sensational reports from Quebec of Mafia-related collusion in the construction industry.

The comments from Peter Van Loan come amid allegations that construction companies work together to drive up the cost of puben companies that don't participate, and give commissions to the Mafia.

The construction scandal has rocked Quebec, but organized-crime experts say it's a common practice wherever the Italian Mafia operates.

The reports come with Ottawa and the provinces showering billions on con-

U.S. Mafia eyeing cash

• Concerns have also been raised in U.S. news reports about the Italian Mafia

clamouring to get their hands on a piece of American stimulus cash.

struction projects in the infrastructure biggest spending spree in Canadian history.

But Van Loan says there's

been no indication of federal infrastructure money being sucked up in such a scheme.

"I am unaware of any

any particular infrastructure cases." Van Loan said yesterday.

At the same time he moved distance the federal government from the scandal, noting that Ottawa does not directly hand out stimulus dollars to construction companies.

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Girl too young to sail around the world?

A 14-year-old Dutch girl who hopes to become the youngest sailor to circumnavigate the globe solo said yesterday she will wait until the school year ends before starting her attempt. Laura Dekker is awaiting a Dutch court's decision on whether she can go ahead with her voyage or whether it would be too risky for a girl her age. THE ASSOCIATED PRESS

World



Rain could stall rocket launch today

NASA's new rocket for its back-to-the-moon program is on the launch pad, all set for a test flight today. But rain and clouds could interfere. Forecasters said yesterday there is a 60 per cent chance bad weather will stall the launch. The Ares I-X, left, will fly for just two minutes. The first-stage booster will parachute into the Atlantic and be recovered. The tall, skinny rocket is outfitted with some 700 sensors. It's a \$445 US million test. NASA hopes to launch an Ares rocket into orbit with astronauts in 2015. THE ASSOCIATED PRESS

Saudi king waives flogging sentence

6

RIYADH Saudi Arabia's king waived a flogging sentence on a female journalist charged for involvement in a risque TV show, the second such pardoning by the monarch in recent years. Rozanna al-Yami was charged with helping co-ordinate a talk show featuring a man describing his active sex life.

Though the charges were dropped, a judge ordered the flogging as a "deterent." In 2007, the king waived a flogging sentence against a rape victim.

THE ASSOCIATED PRESS

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Castro's sister reveals in book she spied for CIA

One of Fidel Castro's sisters says in a memoir released yesterday that she collaborated with the CIA against her brother, starting shortly after the United States' failed Bay of Pigs invasion of Cuba in

Juanita Castro, 76, initially supported her brother's 1959 overthrow of the Batista dictatorship but quickly grew disillusioned. In a Spanish-language memoir published by Santillana USA and co-written by journalist Maria Antonieta Collins, she says the wife of the Brazilian ambassador to Cuba persuaded her to meet a CIA officer during a trip to Mexico in 1961.

Castro said in the book, My Brothers Fidel and Raul. Story. that she travelled Mexico City under the pretense of her younger sister Enma. Juanita Castro

visiting There she al-

so secretly met a CIA officer who identified himself as "Enrique."

Castro said that during the hotel meeting, she expressed her concerns that who supported Batista's overthrow but were not communists were being pushed out of the new government. Castro writes she agreed to help the CIA gather information but refused to accept mon-ey for her efforts and said

she wanted no part in any violence.

"Enrique," whom Castro says she later learned was a CIA officer in Cuba named Tony Sforza, then asked her to smuggle messages, documents and money back into the country hidden canned goods.

Castro said she remained on the island while her mother was alive. Her mother died in 1963 and she fled Cuba the following year, eventually settling into a quiet life in Miami.

Fidel, she wrote, was not initially a hard-line communist like their brother Raul and fellow revolutionary Ernesto "Che" Guevara, but that he turned to communism to maintain power.

THE ASSOCIATED PRESS

Germany Murder trial begins



Defendant Alex W., right, accused of stabbing a pregnant Egyptian woman to death in a German courtroom, is brought into court in Dresden yesterday.

News in brief

TEXAS Jury selection began yesterday in the first criminal trial stemming from the raid of a polygamist sect's ranch. Raymond Jessop, 38, is charged with sexual assault of a child. stemming from his alleged marriage to an underage girl.

MINNESOTA Two Northwest Airlines pilots told federal investigators they were going over scheduling using their laptops while their plane overflew their Minneapolis destination by about 240 kilometres.

THE ASSOCIATED PRESS

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REGULAR ENGAGEMENT STARTS TOMORROW

Company aims for another Titanic expedition

U.S. helicopter in the west-

ern province of Badghis.

The U.S. did not say where

in western Afghanistan its

helicopter went down, and

no other aircraft were re-

The casualties marked

the Drug Enforcement Ad-

ported missing.

The company that has exclusive rights to salvage the Titanic wants to make another expedition to the world's most famous shipwreck in 2010. RMS Titanic lnc.'s expedition would be the first by the salvor since 2004, though two other expeditions have been to the site since then, including one by Titanic film director James Cameron. THE ASSOCIATED PRESS

DEA agents among dead in Afghan crashes

A U.S. military helicopter crashed vesterday while returning from the scene of a firefight with suspected Taliban drug traffickers in western Afghanistan, killing 10 Americans including three DEA agents in a not-so-noticed war within a war.

Four more troops were killed when two helicopters collided over southern Afghanistan, making it the southern deadliest day for U.S. forces in this country in more than four years.

U.S. military officials insisted neither crash was believed a result of hostile fire, although the Taliban

Chamber files suit over climate hoax

washington The U.S. Chamber of Commerce filed a civil complaint yesterday against members of the liberal activist group Yes Men who staged a news conference to announce falsely that the three million-member business federation had reversed its position and favoured costly climate change legislation. As part of its hoax on Oct. 19, Yes Men announced at the National Press Club that the chamber would stop advertising against the U.S. Senate's 800-page climate bill. Reuters moved a story based on the false press release, and both CNBC and Fox Business Network reported it, with the anchors correcting themselves mid-story upon learning it was false.

THE ASSOCIATED PRESS

Earth still warming, not cooling

CLIMATE CHANGE An analysis of global temperatures by independent statisticians shows the Earth is still warming and not cooling as some global warming skeptics are claiming.

The analysis was conducted at the request of The Associated Press.

Talk of a cooling trend has been spreading on the Internet, fuelled by some news reports, a new book, and temperatures that have been cooler in a few recent years.

The statisticians, reviewing two sets of temperature data, found no trend of falling temperatures over

U.S. government data show that the decade that ends in December will be the warmest in 130 years of record-keeping and 2005 was the hottest year recorded.

THE ASSOCIATED PRESS

Obama won't rush decision

 U.S. President Barack Obama pledged yesterday not to "rush the solemn decision" to send more troops to bat-

ministration's first deaths since it began operations tle in Afghanistan as he weighs military options on what to do next in the troubled war.

here in 2005. Afghanistan is the world's largest producer dient in heroin — and the illicit drug trade is a major source of funding for insurgent groups. The U.S. has decided to target production and distribution networks after programs to destroy poppy fields did little except turn farmers against

the American-led NATO mission. The crash came less than a week after a UN report found that the drug trade is enabling the Taliban to make more money now than when they ruled Afghanistan before the 2001 invasion.

THE ASSOCIATED PRESS



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Comment & Views

Comment

How babes ran 24 Sussex



Elliott ierre Trudeau used to complain, as most leaders do, about journalists trying to pry into his personal life. It's none of our business, he'd say. And most of us agreed, shied away and gave him a break, as we did with John F. Kennedy.

But when you read the new Trudeau bio, Just Watch Me: The Life Of Pierre Elliott Trudeau 1968-2000 by John English, you understand why there are those who say we ought to stretch our noses.

The book's big breaking story, in a nutshell, is How the Babes Ran 24 Sussex. There's Margaret and Margot and Barbra and Kim

and Gale and Liona — and I'll stop there.

The book might well have been called "Just Watch Them." They impacted PET's election timing, his grand strategies, his moods, his decision-making. In 1977, the Liberals had a big lead in the polls and we in the fourth estate wondered why the PM didn't push ahead with a campaign. Now we find out. The story

Kibosh On Campaign. She stressed Pierre out so much that it cracked his vaunted mental discipline. He couldn't focus enough to run an election. He waited until 1979 and lost to Joe Clark.

was: Maggie Puts

This isn't sensa-

Pierre Elliott Trudeau

tionalism. English is a sober-minded scholar who had access to Trudeau's private papers. A former Liberal MP, he has written an illuminating book, the second of a two-volume study

It relates how actress and peacenik Margot Kidder helped convince the PM to launch one of his major initiatives — his international peace mission of the early 1980s. In talks at a black-tie dinner in

Washington, she lit into Ronald Reagan's senior troglodytesall with kinds of anti-nuke volleys. Trudeau urged her on via a thigh squeeze for every direct hit.

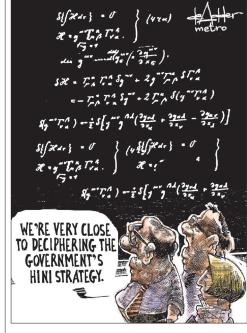
Lawrence Martin is a journalist and author of 10 books who writes about Many obervers have said Trudeau

was Canada's Kennedy. This books adds another point of comparison. Each leader was unremittingly flirtatious and each leader got a great break from the reticent media

Are wives and romances fair game for the fourth es-Judging from this book they should be. The power behind the throne can't be ignored. Just recently we saw how Laureen Harper masterminded her Stephen's variety show coup — the piano and song act at the Ottawa gala. There was no attempt to hide that news.

But nothing can quite match the work of Aline Chrétien. While her little guy was fast asleep one night, she awoke in time to find an intruder at the bedroom door, knife in hand. She may well have saved his life. Just another example of gal power.

national affairs from Ottawa.



Worth mentioning

Flu ad directs readers to travel, shopping site

Flu **Outbreak**

An Ontario newspaper ad promoting the H1N1 flu shot instructs Ottawa Citizen readers to consult a government website in or-

der to find the nearest location for the free inoculation.

Problem was, the website address in the ad published yesterday directed readers to a discount travel

and shopping Internet site. Progressive Conservative MPP Lisa MacLeod discovered the gaffe after constituents phoned her office wondering what the deal was. "I found out about this because the father of two children was trying to find information about clinics," she said. "Parents are rightfully nervous about what is happening. And instead this massive slip-up occurred."

The large advertisement

features Dr. Arlene King, Ontario's chief medical officer

health, urging the public to "don't risk it" and get the H1N1 shot.

For the "most current information about H1N1 flu and the clinics near you" readers are told to: visitontario.ca/flu. But this link is for www.payless.ca a website that features discount travel deals and sells computers, flat panel TVs and major household appliances.

TORSTAR NEWS SERVICE

eHealth technology requires precautions



Proponents of eHealth argue that if other regions of the world have made significant strides in eHealth technology, what's wrong with Canada? Caving in to what everyone else is doing is an injudicious argument. Although we cannot be left out of the globalization loop, we need to proceed with caution.

While an eHealth record system will improve time efficiency, wait times, and patient safety (by lowering the risk of drug interactions), scrutiny and diligence are necessary as we

move forward. There are big bucks to be made by individuals and enterprises, aggressively driving this venture, yet we must learn from the eHealth debacle in Ontario where more than \$1 billion was wasted through lack of oversight, broken rules and decadent consultant contracts.

Health Canada has added \$500 million to the \$2 billion given to the Canada Health Infoway to revolutionize Canada's health records. While this sounds great, it is estimated that Canadians will have to pay at least \$23 billion in capital and operating costs over the next decade. Although touted as an economic stimulus to create jobs, according to a Canadian Business Online report, most of this money will be stuffed into the coffers of U.S. multinational corporations. providing the sophisticated eHealth record software. Given tough economic times and our strained health-care system, many argue that money will be better spent for drugs, senior care and additional health-care staff, at least until we come up with an efficient plan of eHealth implementation.

Another consideration: Privacy assurances. Who could forget the 11,500 patient files that were skimmed by a hacker from the AHS Edmonton network in May. No one really knows how far information went, nor the potential long-term effects of such a privacy violation to the patients involved.

A major report released in Britain by Joseph Rowntree Reform Trust has actually called for the NHS padatabase to

scrapped altogether, citing flawed data - which can be hazardous in emergency situations — and breaches in European data protec-tion and rights laws. The report suggested sensitive data should be stored locally rather than in national sys tems to minimize risk. Other countries are facing similar anomalies with patient databases. We need to learn from this.

The progress of eHealth in Canada must not be driven by greed or a need to keep up with global coun-terparts, but instead by patient interests, health-care efficiencies and long-term costs. For this to happen effectively, caution and public scrutiny are our first lines of defence.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

We Know What You're Thinking



The number of Canadians who have cut back on other expenses to cover the rising cost of commuting to work.

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Bonny Doon Shopping Centre

10

Quebec moving to shield pensions of ex-Nortel employees

The Quebec government said yesterday that it will move to try and safeguard the remaining pension assets of 3,750 Nortel employees in the province if their pensions are terminated while the company is under bankruptcy protection. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

INTERAC Canada's debit card market is in turmoil as payment processors begin "aggressively marketing" new Visa and MasterCard debit cards to retailers, a leading merchant organization says. The retailers fear the credit card companies' entry into Canada's \$168 billion debit market will mean higher fees for them.

TORSTAR NEWS SERVICE

AIRLINE Air Canada president Calin Rovinescu says the airline should gain new revenue after Continental Airlines joins the Star Alliance traffic-sharing program today. The new partnership with the world's fifthlargest airline will add 77 new destinations for Air Canada customers and provide the airline with more money.

THE CANADIAN PRESS

Carney chides bankers for bucking reforms

Global leaders are determined to fundamentally reform the world's financial systems

despite the disappointing pushback coming from some bankers, Bank of Canada governor Mark Carney said yesterday.

"The leaders have decided about the big initiatives and we will Mark Carney put them in place," he told a conference in at its Montreal.

Despite the complexities of the issues being addressed, the world's central bankers, regulators and finance ministers are determined to institute the reforms agreed upon by world leaders, Carney said.

world leaders, Carney said.
Carney said he and other
bank governors are disappointed by some of the actions taken by global
bankers, including large
bonuses being paid by
some before financial sys-

tems have solidified. "Is it a good idea to pay big bonuses when at the same

time there is a shortage of capital?" Canada's top central banker said. "Maybe regulators will decide." It's the latest tough talk from Carney, who said last week that the Bank of Canada

would use the tools at its disposal — including intervention in the currency market, if necessary — to keep inflation within the target range.

THE CANADIAN PRESS

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a minimum account balance. METRO NEWS SERVICES

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



ot long ago the deal breaker in a relationship was infidelity. Today increasingly the cause for relationship founder is financial discord.

Take a gander at the just released results of a couples and money survey commissioned by Credit Canada and Capital One. Here are some of the high ... err... lowlights:

- More than a third of couples commit to a relationship without having an open discussion about money.
- 86 per cent of couples admit to fighting about





Money the deal breaker

agree about money regularly.

Women and men have radical differences in their approach to most things financial. For example:

- Men's worst money fear is not being able to retire.
- Women's worst money fear is not being able to pay for their kids' education.

And here's where you see the rot setting in:

· One third of women and 27 per cent of men lie to their partner about how much they spend.

in control of money management is 55 per cent more likely to hide debt from their significant other.

If you're interested in how well you and your mate suit each other on the money front, try out Credit Canada's compatibility test, crediteducation weekcanada.com.

You have to do it together.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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Car Insurance Roadblock

Consumers concerned insurers don't want drivers with tickets or accidents



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Don't be. While it's true that, all things being equal, your tickets and accidents make you a more expensive risk to insure than a similar car and driver with a clean driving record, that doesn't mean you should have trouble finding insurance assuming you know where to look. Different insurance companies target different types of business and this is reflected in things like their claims service, marketing efforts, discounts, and most importantly for you, their rates.

Should I Just Accept That I'll Have To Pay A Bundle?

No. Sadly, this is a mistake many drivers make and it can be a costly one, especially if they don't bother to shop around for the lowest rate available. The key to finding the best rate, especially if you have tickets or accidents on your driving record, is to figure out which insurance company of the more than 20 in Alberta has the best rate for your particular situation. And with rates varying so wildly across companies, chances are you are not with the company that has the lowest rate for your profile right now.

Don't Be Fooled By Others Offering "Comparative Quotes".

Most websites offering "comparative insurance quotes" are owned by or affiliated with insurance brokers or agents and are therefore only capable of quoting rates from the limited number of insurance companies they represent, typically no more than 4 or 5. By contrast. Insurance Hotline com does not sell insurance, is not a licensed broker or agent, and is not owned in whole or in part by an insurance company, agent or brokerage. This allows InsuranceHotline.com to be completely unbiased when providing insurance quotes and keeps its focus solely on finding the lowest insurance rates for consumers - by getting you quotes from more than 20 insurance companies, and not just 4 or 5.

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12 sports

To stay up-to-date throughout the season with the Toronto Raptors in particular and the National Basketball Association in general, visit John Chick's Weekend Rap at metronews.ca/weekendrap

NBA Preview

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

NBA in brief

MIAMI Tim Hardaway already has one banner celebrating his achievements with the Miami Heat. He's about to get another. The Heat will retire Hardaway's No. 10 jersey before tomorrow night's season opener against the New York Knicks. Hardaway's previous banner was one celebrating the 2000 Olympic gold medal he won while with the Heat.

NEW ORLEANS The New Orleans Hornets announced yesterday they have exercised the 2010-11 club option on forward Julian Wright. Wright, the 13th overall selection in the 2007 NBA Draft out of Kansas, posted averages of 4.4 points and 2.8 rebounds in . 14.3 minutes over 54 regularseason contests, including 19 starts last season.

CLEVELAND The Cavaliers exercised the third-year club option on forward J.J. Hickson yesterday, keeping him in Cleveland through the 2010-11 campaign Hickson averaged 4.0 points, and 2.7 rebounds while appear ing in 62 games last season.

METRO NEWS SERVICES

2009-10 Toronto Raptors

Projected starting five



ROM Villanueva de la Serena, Spain LAST SEASON .497 field goal %, .406 three point % 8.9 assists per game, 12.8 points per game TRIVIA Helped Spain win 2006 FIBA Worlds.

DeMar DeRozan

FROM Compton, Calif.
LAST SEASON (University of Southern California) .523 FG%, 5.7 rebounds per game, 13.9 PPG TRIVIA Was able to dunk by sixth grade.





Hedo Turkoalu

FROM Istanbul, Turkey LAST SEASON (Orlando Magic) 5.3 RPG, 4.9 APG, 16.8 PPG TRIVIA NBA signing was a national event in Turkey

> **Chris Bosh** FROM Dallas, Texas

LAST SEASON .487 FG%, 10.0 RPG, 22.7 PPG TRIVIA In 2003-04, set franchise record for most rebounds in a rookie season with 557.





Andrea Bargnani

ROM Rome, Italy LAST SEASON .409 3Pt%, 5.3 RPG, 15.4 PPG TRIVIA Joined Andrew Bogut (Australia) and Yao Ming (China) as the only international No. 1 picks

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Canuck ballers go for quality over quantity

PERRY LEFKO for Metro Canada

For a game that was invented by James Naismith, basketball is not exactly overflowing with Canadians when it comes to the National Basketball

Association, though there is some interesting talent, including one in the head

coaching ranks.

Steve Nash has been Canada's NBA poster boy in recent years. The South African-born, Victoriaraised point guard is enter-ing his 14th season in the NBA and has already cultivated a career that will one day make him a sure-fire hall of famer. Twice he has been voted the NBA's Most Valuable Player and he is a six-time all-star. The only aspect of his career that is missing is an NBA champi-

onship.
While Nash has been battling a bad back in recent seasons, he still plays major minutes in games and is arguably the best

pure passer the game. Last he year, set a personal-best record in freethrow

his attempts.
One of Nash's former

national team head coaches is Jay Triano, who this vear will commence his first full season in the NBA after an abbreviated season last year with the Toronto Raptors. Triano has been with the organization since 2002 when he was hired as an assistant coach and made history in the process as the first Canadian hired in that position. Last year, he became the first Canadian head coach in NBA history when he filled in temporarily for Sam Mitchell,

who took a leave of absence because the death of his fatherin-law. Raptors later

fired Mitchell and made Triano the interim head coach, but after the season the team removed the interim tag and signed him to a long-term deal

The NBA has some other interesting Canadian angles. Toronto-born centre Jamaal Magloire is entering his 11th season in the NBA and with his eighth team, the Miami Heat, which signed him last sea-

The Heat have another Canadian product in Montreal native Joel Anthony, a forward who is entering his third NBA season. While largely a backup, Anthony started in 28 of the 65 games he played and doubled his minutes from his rookie season. Anthony has played for Canada's national team.

The other Canadian in the NBA is Samuel Dalembert, a brawny centre with the Philadelphia 76ers. The Haiti-born, Montrealraised player is entering his eighth season in the NBA, his entire career played in Philadelphia. He has proven his durability, playing every game the last three seasons and averaging about e rebounds per nine

Only three remain after Raptors' overhaul

Steve Nash

TORONTO Chris Bosh, Jose Calderon and Andrea Bargnani pose with menac-ing glares in an ad campaign for the upcoming Toronto Raptors season, only three familiar faces from this time last year.

But the picture could get fuzzy over the coming months as Bosh heads into a season of uncertainty and the Raptors may be seeing the last of their team captain and poster boy.

The six-year veteran appears poised to join an illustrious free agent group this coming off-season that could include LeBron James and Dwyane Wade.

Questions about the fate of the Raptors' franchise player are sure to swirl around the team as it tries to bounce back from a dis-

mal 2008-09 season — and just how well it can do that will go a long way in determining what jersey Bosh will be wearing

The

vamped Rap-

tors open the season

home to Le-

and his Cleve-

land Cavaliers

tomorrow.

bron

re-

at

James

come this time next year.

"The team failed miserably last year," said Raptors GM Bryan Colange-lo. "There was no one more embarrassed than me."

The Raptors missed the playoffs, and as soon as they trudged off the following

their final game Colangelo got to work. He signed head coach Jay Triano to a contract extension — the Canadian was named interim coach after Sam Mitchell was fired in December, but had been able

to do little more than to try to plug the dam.

He toughened up the team by trading Jason Kapono for bruiser Reggie

Evans, acquired allstar and all-around plaver Hedo Turkoglu, who's known for poise under pressure when the clock's winding down, and selected swingman DeMar DeRozan whose dunking ability has already drawn comparisons

to Vince Carter with the No. 9 pick in the draft.

By the time training camp opened only Bosh, Calderon and Bargnani remained from the previous year's camp roster.

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Soccer boss denies delay caused violence

French football league president Frederic Thiriez has denied that postponing Marseille's match against Paris Saint-Germain at late notice after swine flu concerns arose was the catalyst for widespread violence erupting in Marseille's city centre. THE ASSOCIATED PRESS

Sports



AC Milan confident of Beckham's return

has long been linked with a second loan spell at Milan after performing well in a six-month stay with the team last season. Beckham, who wants to return to Europe to maintain his place in England's 2010 World Cup squad, has helped the Galaxy reach the eight-team MLS playoffs for the first time in four years.

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Sports in brief

NHL At Montreal, Roman Hamrlik scored 1:32 into overtime to lift the Canadiens to a 3-2 win — their fourth straight win. Hamrlik took Tomas Plekanec's centring flip pass from the right side of the rink on a 2-on-1 and put a shot into the open left side.

NHL At New York, Marian Gaborik scored two goals and added an assist as the Rangers ended a three-game losing streak by downing the Phoenix Coyotes 5-2. The Rangers netted two goals on five shots in the first period.

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NFL Eagle flies high



Philadelphia's Will Witherspoon celebrates his touchdown after intercepting a pass from Washington's Jason Campbell last night as the Eagles visited the Redskins. For a complete game recap, visit metronews.ca/sports

Owner agrees to sell Coyotes

Agreement with NHL still pending

Phoenix Coyotes owner Jerry Moyes has agreed to sell the bankrupt franchise to the NHL.

The agreement, which still must be approved by Redfield Iudge Baum, was announced in U.S. Bankruptcy Court yesterday after lawyers met for

more than an hour dur-ing a recess in a status once the deal closes, the hearing the case.

Former coach Wayne Gretzky, who has a \$22.5million claim in the case, has not agreed to the



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Moyes' lawyer says the decision to make a deal came largely because the costs of running the team in bankcoming out of the league's league's

NHL deputy commis-

\$140-million of-

league immediately look to sell the team, preferably to owner will who keep the club in Arizona.

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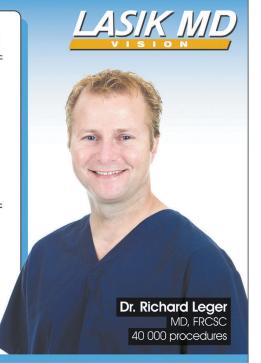


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Supersize me

Forget $a\overline{d}$ ding a bit of oomph — these days, U.K. women are opting for massive implants

ELISABETH BRAW Metro World News

Emma Lindley decided she was tired of her small breasts. So last year, she got implants — but not discreet ones. Lindley chose to go from an A cup to a D cup.

"I didn't feel feminine in most clothes, particularly bikinis and dresses," says Lindley, a 26-year-old Londoner. "And because of my small breasts, I lacked confidence, which affected everyday life. I felt underdeveloped and like a boy."

Lindley is part of a larger trend. "Women used to

plants that kept their natural look," says Dr. Nilesh Sojitra, a plastic surgeon at London-based clinic Mybreast, where Lindley had her surgery.

"Now more and more women want very large implants. They've heard that a DD or E cup is good, so that's what they ask us for."

According to Cloverleaf Medical, a leading British distributor of breast implants, sales of its largest implants have increased by 20 per cent over the past five years.

Aesthetics are by no means the only factor to

come to us asking for im- consider when deciding upon implant size. In a discussion of breast implant surgery on its website, plasticsurgery.ca, Canadian Society of Plastic Surgeons notes that "in general, the larger the implant, the greater the risk of complications.'

Breast implants are also becoming more popular across the board: Last year, the number of such sur-geries in the U.K. increased by 30 per cent from 2007.

"All women want a fuller look nowadays," explains Dr. Douglas McGeorge, a plastic surgeon and former President of the



Bigger is apparently better: British women are now choosing to get much larger implants.

British Association of Aesthetic Plastic Surgeons. "Especially women in their late teens or early

20s, who haven't fully developed their breast tissue, now ask for implants."

When Sojitra asks his

"Women used to come to us asking for implants that kept their natural look. Now more and more women want very large implants."

Dr. Nilesh Sojitra, plastic surgeon

patients to try on an E cup bra, some change their minds. "But many choose large implants. whether they look natural or not," he notes.



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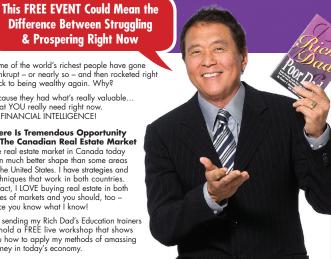
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16

Things that go crunch in the night ...

Ghoulish Goodies: Creature Feature Cupcakes, Monster Eyeballs, Bat Wings, Funny Bones, Witches' Knuckles, and Much More!, by Sharon Bowers, is a colourful selection of frightful foods that will delight children and the young-at-heart alike. THE CANADIAN PRESS



Pumpkins aren't just an icon of Halloween. They also are a sign of healthy eats. Like carrots, pumpkins are loaded with the antioxidant beta-carotene, potassium and fibre. Plus, with only 49 calories per 250 ml (1 cup) cooked, this tasty squash is a great fit for a healthy diet.

eesy, chicken party bites

Marinated Mozzarella

MAKES 12 SERVINGS

INGREDIENTS:

- 1 lb (500 g) mozzarella cheese, cut into 1-in. (2.5 cm) cubes
- 1 jar (7 oz/207 ml) roasted red peppers, drained and cut into bite-size
- 6 fresh thyme sprigs
- 2 garlic cloves, minced
- 1 1/4 cups (300 ml) olive
- 2 tbsp (25 ml) minced
- fresh rosemary
 2 tsp (10 ml) Italian seasoning
- 1/4 tsp (1 ml) crushed red
- pepper flakes

 Bread or crackers

METHOD:

1. In 1-qt (1 L) jar with tight-fitting lid, layer onethird of cheese, peppers, thyme and garlic. Repeat layers twice.

2. In small bowl, combine oil, rosemary, Italian seasoning and pepper flakes; mix well. Pour into jar; seal and turn upside

3. Refrigerate overnight, turning several times. Serve with bread or crack-

Chicken Kiev SERVES 6

INGREDIENTS:

- 1/4 cup (50 ml) butter, softened
- 1 tbsp (15 ml) minced chives
- 1 garlic clove, minced 6 boneless skinless
- chicken breast halves
- 3/4 cup (175 ml) crushed cornflakes
- 2 tbsp (25 ml) minced
- fresh parsley • 1/2 tsp (2 ml) paprika
- 1/3 cup (75 ml) buttermilk

METHOD:

1. In small bowl, combine butter, chives and gar-



Marinated Mozzarella Cubes



(7.5 cm x 5 cm) rectangle. Cover and freeze until firm, 30 minutes.

Flatten breasts to 1/4-in. (0.5 cm) thickness. Cut butter mixture crosswise into six: place one piece in centre of each chicken breast. Fold long sides over butter; fold ends up and secure with toothpick.

3. In shallow dish, combine cornflakes, parsley and paprika. Place buttermilk in another shallow

dish. Dip chicken into but-termilk, then coat evenly with cornflake mixture.

4. Place chicken seam side down in greased baking pan. Bake, uncovered, at 425°F (220°C) 35-40 minutes or until no longer pink. Remove toothpicks







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This Halloween, the cupcakes will bite back

If you're looking for easy, no-recipe-needed loween treats, these creeped-out cupcakes are an eerily good choice.

In one, a traditional frosted cupcake falls victim to a bat attack. In the other, they take a slimy, almost radioactive, turn.

Both ideas are from Matthew Mead's Monster Book of Halloween, which is iammed with numerous ghastly treats and decora-

Vampire Cupcakes

Bake up a batch of your favourite cupcake recipe or prepare a boxed mix according to package direc-

Alternatively, most bakeries (even those in growill sell unfrosted cupcakes if asked in case you want to do only the

fun part — the decorating. Once the cupcakes have cooled, frost them with white cake frosting. Use black gel icing (the

sort sold in tubes in the baking aisle) to draw a bat on top of each cupcake. If you need help with this, a template can be downloaded from Mead's website at tinyurl.com/yeboobr. Cut out the template and use it as a stencil.

Use a toothpick to make 2 holes (bite marks) near each bat, then drizzle red gel icing into each.

Get Slimed Cupcakes

Prepare 2 packages of Jell-O Gelatin (any variety, though green and yellow are good) according to the package's directions for . Jigglers (2 packages plus 500 ml/2 cups boiling wa-Divide the liquid



Vampire Cupcakes

among 6 flexible silicone baking cups.

Divide remaining liquid among 6 round-bottomed teacups (this creates a domed top for each cupcake), filling each about 2 cm (1/2 inch). Refrigerate everything for 4 hours or until set.

To remove gelatin from cups, set base of each in a bowl of warm water for about 10 seconds.

Overturn cups and gently pry out cupcakes and dome tops. Invert a dome onto each cupcake, then decorate with gummy worms.

THE ASSOCIATED PRESS



Braaains...

ave you seen YouTube 'Нарру Halloween From Michael McDonald?' Picture the former Doobie Brothers front-

man leading a bunch of way too old trick-or-treaters door to door to the tune of Taking It To The Streets. It's hilarious and reminded

me that age is only a number when it comes to celebrating All Hallows' Eve. Of course nowadays I'm less about the candy and more about a liquid treat and Oct. 31 is the perfect day for a Bloody Mary or two.

A few years ago I made a pilgrimage to Harry's New York Bar in Paris — the place where vodka first met tomato juice back in 1921 — to learn more about the classic cocktail. The secret is the spirit. Harry's bartender prefers **Rus**-Stolichnaya Vodka (\$23.58 - \$26.48) because of its rustic texture. Since it's almost Halloween, I think Crystal Head Vodka (\$51.00 \$74.95) from Newfoundland would be more appropriate.

Conceived in the mind of Ghostbuster Dan Aykroyd; it shows off a sophisticated, lightly sweet flavour that just happens to come wrapped in one spooky skull-shaped bot-

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Weeks after announcing his departure from The Young and the Restless, Eric Braeden is back and — as he puts it — "ready to kick ass" as Victor Newman. Contract negotiations between Braeden and the show broke down this fall. TYGUIDE.COM

ntertainment

Financial loss

per said his financial end particularly buying and selling nonds — have taken a hit.

DVD **picks**



Orphan

Director: Jaume Collet-Serra

FAMILY VALUES are put to the test in this surprisingeffective summer shocker, which plays off the age-old fear of invithorror into your home.

The marriage of John and Kate Coleman (Peter Sarsgaard and Vera Farmiga) is on the rocks after the third pregnancy for Kate, a problem drinker, ends in tragedy. The couple already have daughter Max (Aryana Engineer) and son Daniel (Jimmy Bennett), but they really want a third child. They decide to try again, but this time going the adoption route.

They welcome home Esther (Ísabelle Fuhrman), a nine-vear-old Russian with intense eyes. Max takes to her immediately, but Daniel is wary — and with good reason. Esther swears a lot and knows way more about sex than she should.

The suspense builds well, aided by strong per-formances by Sarsgaard and Farmiga, who improve every movie they're in. Orphan redeems the horror career of director Jaume Collet-Serra, who previously helmed the simply awful Paris Hilton vehicle. House of Wax.

Extras include additional scenes and an alternate

Peter Howell/for Metro Canada



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Monty Python looks back

Filmmakers present portrait of comedy troupe

Monty Python: Almost the Truth (the Lawver's Cut). the six-part retrospective celebrating 40 years of silly walks and odes to lumberiacks by the irreverent British comedy troupe, is at times reverential and revelatory, celebratory

and silly.
But the one thing filmmakers Bill Jones (son of Python Terry Jones) and Ben Tillman definitely did not want their documentary to be is — as Jones puts it — "a—kissing."

"The main thing we wanted to do was make sure we weren't sucking up to them too much." Jones adds.

"So we stick it in them a couple times.'

We wanted to be irreverent in a sense like they Tillman completes the thought.

The pair have known each other since the age of 4, and in 1998 formed the film company Bill and Ben Productions, working on films about the Sex Pistols and the Clash, among oth-

"We open the film with taking a p— (at the Pythons)," Tillman continues, "and then ...

"Well it's also a bit easier to do that when they're a bit rude about each other as well," Jones chimes in.

Almost the truth

• Monty Python: Almost the Truth (the Lawver's Cut) is now avaiable on

"They don't really care."

"But mostly the piece is the entire history of the Pythons told chronologi-Tillman finishes. "This is ultimately what we set out to create.

And, ultimately, it may very well be the definitive Monty Python documentarv.

Having spent so much documenting the time Monty Python crew, we asked the filmmakers what they believe is the



Actors Eric Idle, Terry Jones, Terry Gilliam and Michael Palin attend the IFC & BAFTA Monty Python 40th Anniversary event at the Ziegfeld Theatre in New York City.

group's most important mark on comedy.

"For me, the most important thing they've done is to give people the free-dom to do whatever comedy they think is funny." Jones says.

"They've given people an opportunity to create a new kind of funny," Tillman adds.

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0	161 SUPER Redacted ** (2007, War) Patrick Ca			Black Ops * (2008, Horror) Gary Stretch.			Nearing Grace ★★ (2005, Drama)			

critics'corner—

It's the Great Pumpkin, Charlie Brown

Some 43 years after its first airing, this animated gem remains one of the best, as young Linus patiently sits in his "sincere" pumpkin patch waiting for the Santa-like Great Pumpkin to santa-like Great Furripkin to reward him with Halloween largesse. Arguably second only to "A Charlie Brown Christmas" among the many "Peanuts" specials in terms of memorable moments. 9 PM on KXLY



Don't get yourself wrapped up in an inner-city gang war when you're investigating the death of a Marine. But that's just what the members of the NCIS team do. Making matters worse, Gibbs must face down demons from his past when he finds a cryptic message waiting for him at the crime scene. 9 PM on KREM CITV

Being Erica Wait, isn't being able to keep a secret a good thing? But when Erica is caught in the middle after being told multiple secrets by multiple people, she realizes that keeping her mouth shut isn't always the best policy in the new episode "Shhh ... Don't Tell." 9 PM on CBXT 18 entertainment



Four months after the death of their father Michael Jackson, his kids Paris, 11, Prince 12, and Blanket, 7, have turned to therapy to cope with their grief, Michael's sister LaToya Jackson tells London's Mirror newspaper, people.com reports. METRO NEWS SERVICES

Celebrity Buzz

Celebrity tweets

Gene Simmons has to work at fitting into his spandex trousers. Josh Groban is fine with other celebrities leaving Twitter, Kirstie Alley isn't interested in nice guys, and Diablo Cody finds her beauty regimen exhausting,

@genesimmons ...cutting down on

sweets...god help me, I love cookies.. @joshgroban

I am waiting this quitting Twitter thing out until I'm the only one left. Mine I say!! Alll miiiine!! Mwa ha @kirstieallev

I don't want a man who "listens" and is "calm" grrrr...I want a man who is on fire and is wild and funny and is BRAVE..I love BRAVE men @diablocody

I feel like my entire life is just a losing battle with my eyebrows.



to Malawi to establish a million Madonna plans to meet three-year-old adopted daughter Mercy's father, usmagazine.com reports.

A source close to the pop star, 51, tells usmagazine.com that she will meet 24-year-old James Kambewa who currently works odd jobs including serving as a night guard — for the first time during her humanitarian trip to the

meet Kambewa cause she does not want to deny Mercy background," source tells Us. "Madonna wants to assure Mr. Kambewa that Mercy will not be delinked from will her roots.'

'Madonna wants

Still, another family member of the pop star's plan. Mercy's uncle, Peter Baneti, tells Us that her family in Malawi doesn't approve of the meeting because Kambewa has only claimed paternity of Mercy after news of the adoption first emerged in April.
"We do not recognize

Kambewa as Mercy's father," Baneti says. "He just came out of the woodwork to claim paternity while he was not there when my sister was pregnant."

METRO NEWS SERVICES

Ivanka ties knot with paper owner

WEDDING BELLS Iewelry designer and entrepreneur Ivanka Trump is a married woman, usmagazine.com reports.

27-year-old of Donald The daughter Trump swapped vows with New York Observer owner Jared Kushner Sunday in New Jersey, the website has confirmed.

The afternoon nuptials took on place grounds of the Trump National Golf Club in Bedminster, New Jersey. Ivanka wore a Wang wedding inspired gown, Grace Kelly.

"She was the most stunning bride," a rep for Ivanka tells Us. Despite a short engagement, Ivanka says the plan for her special day quickly fell into place thanks to a wedding planner who kept her on

> METRO NEWS SERVICES

Joe Jackson great dad: Sharpton

ALL YOU NEED IS TOUGH LOVE Al Sharpton singled out Joe Jackson as an outstanding parent. Jackson, who has weathered accusations of abuse from his children, especially his late son Michael Jackson, recognized with an award by

Sharpton's National Action Network over the week-end. "The arrogance of (people) attacking a man for being stern father," Sharpton said.

METRO WORLD NEWS

True Blood co-stars find true love

When Stephen Moyer proposed marriage to his True Blood co-star Anna Paquin, he

looked to his onscreen character, Bill Compton, for

a little inspiration, people.com reports. "There's a song Bill listens to in the car about a white sandy

beach, Moyer says. "So we decided to go away for a break

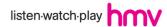
white sandy beach - and that's where it happened."

Moyer, 39, and Paquin, 27, managed to keep their offscreen romance a secret on the set until an awkward love scene forced the actor to do the honourable thing.

METRO NEWS SERVICES







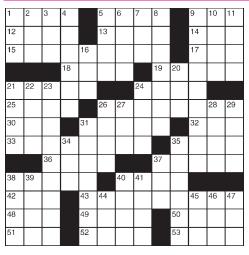
Take Five











Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone - one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			5	3				4
1		4		8		5		
					9			8
	6	1	7	5		3		
		8				7		
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6			4					
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8				2	5			

1 "— the night

before ... 5 Out on the briny 9 Branch 12 Near the treasure 13 Sci. course

14 Pi follower 15 Salad ingredient with a heart 17 Aviv preceder 18 You, to a Ouak-

19 Bobby of Indy 500 fame 21 Nebraska city 24 Money of Ethiopia 25 Lean and supple

26 High- — (hockey infraction) 30 Superlative ending 31 Heart line? 32 Pirouette pivot

33 Airport listing 35 Sawyer's pal 36 Orsk's river 37 Surround

38 "Get lost!" 40 First victim 42 Spoon-bender Geller 43 Missile launch-

48 Extinct bird of

New Zealand 49 Hiding spot 50 Shaving cream additive

51 Possess 52 Use a kevboard 53 Misrepresent

1 Old airline ini-

tials 2 Kids' card game 3 Illustrations 4 Forge

5 Rue the run 6 Oxford, e.g. 7 "A mouse!" 8 Neil Diamond hit

9 Joint woe 10 Comical Caro line

11 Gangster's gal 16 Dance

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

syllable? 20 Noah's creation 21 Hasn't paid vet

22 Catchall abbr. 23 Evoking

Camelot 24 Nibble 26 Satan's buy 27 Bygone MTV

show 28 Zilch

29 Well-bred chap

31 Inflexible 34 Mound stat

35 Guys 37 Puccini's "Un — di"

38 Wrestling style 39 Boast 40 On

41 Tour de France need 44 Siegfried's

partner 45 Wapiti

46 Fish eggs 47 Evergreen

3 2 4

4 3 2 5

5 2

8 3 6

4 7 1

5 9 6 8

9 8

5 6 1 8 9 3 4

9 7 2

5 3 8

1 8 5

7 3 2

9 2 6

INGREDIENTS 1 can (28 oz/796 ml)

Stir-Fry

Pineapple Beef

pineapple chunks 1/2 cup (125 ml) minced cilantro

Metro Recipe of the Day

1/4 cup (50 ml) soy sauce 1 tbsp (15 ml) ground gin-

1 lb (500 g) beef steak, thinly sliced 1 tsp (5 ml) cornstarch 2 tsp (10 ml) vegetable oil 1 medium red pepper, thinly sliced

1/2 cup (125 ml) cut fresh green beans 1 tbsp (15 ml) chopped

chili peppers 2 garlic cloves, minced 2 green onions, sliced

1. Drain pineapple, reserving 1 cup (250 ml) pineapple and 3/4 cup (175 ml) inice (Save remainder for another use).

2. Combine cilantro, soy sauce, ginger and reserved pineapple juice. Remove 3/4 cup (175 ml); cover and refrigerate.

3. Combine beef and remaining marinade. Refrigerate 30 minutes. Discard marinade. Mix cornstarch and reserved juice mixture until smooth. 4. Stir-fry beef in oil 5-6 minutes. Remove beef with slotted spoon and keep warm. Add pepper, beans, chili peppers and garlic to skillet; stir-frv 5 minutes. Stir juice mixture into skillet. 5. Bring to boil; stir 1 minute or until thickened. Add onions, beef and reserved pineapple. Serve over rice.

SERVES 4

rd.ca

For nutritional infor mation on this and other great recipes, go to **rd.ca** or check out Key Ingredients



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES MARCH 21-APRIL 20

Don't feel guilty about leaving boring tasks to others because the planets urge you to focus only on things that are new

and exciting. LIBRA

SEPT 23-OCT 23 No matter how complicated life seems to get this week, you must never forget that there is always a simple explanation for all that happens.

TAURUS APRIL 21-MAY 21

Don't make too many plans today because Saturn's change of signs on Thursday will disrupt things in unexpected ways.

SCORPIO OCT 24-NOV 22

The Sun in your sign will help to protect you from harm, but that's not an excuse to push boundaries beyond where you know they should be.

GEMINI

 (π) MAY 22-JUNE 21 You can tell without knowing why that something out of the ordinary is going to happen. But that is not an excuse to

On the web

I'M WRITING DOWN EVERY

WORD MOMMY SAYS

SOMEDAY YOU AND YOUR THERAPIST WILL THANK ME

hide yourself away. **SAGITTARIUS**

NOV 23-DEC 21

The future is nowhere near as bleak or as barren as certain people are encouraging you to believe. Life always changes.

CANCER

JUNE 22-JULY 22 You may have been running here, there and everywhere recently but now you must take life more slowly.

CAPRICORN **DEC 22-JAN 20**

If you feel like shutting yourself off from the world and being alone with your thoughts,

LEO JULY 23-AUG 23

Live for the moment and don't waste time wondering if things might have turned out better had you done this or that.

AQUARIUS AQUARIUS JAN 21-FEB 18 This should be a relaxed and

enjoyable day for you and it will be more enjoyable still if you share it with people on the same wavelength.

VIRGO AUG 24-SEPT 22

You may not understand why certain events had to happen but you do understand that you can't turn the clock back

PISCES

FEB 19-MARCH 20

Despite past mistakes, you don't need to question if you are going about things in the

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Dec. 1, 3 & 4 • 4 nts.

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Santa Clara via Calgary Barceló Cayo Santa Maria

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Punta Cana via Calgary

Occidental Grand Punta Cana • 4 ★ All-Inclusive • Junior suite Feb. 2 & Mar. 2 • 1 wk.

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Book and pay in full by Oct. 31

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\$1699

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Dec. 22 & 29 • 1 wk. Book and pay in full by Nov. 2

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